City's fight against LOUD vehicles 'never-ending'

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'A mission like this makes Canada much bigger'

— David Saint-Jacques, the next Canuck to work aboard the ISS

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PM STANDS UP FOR TRANSGENDER RIGHTS

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Your essential daily news | TUESDAY, MAY 17, 2016

High 19°C/Low 11°C Cloudy

BATTLE TO KILL THE CULL CONTINUES...

Environment groups exploring legal options

metroNEWS

GETTY IMAGES

Parents struggle with EpiPen during severe reactions

HEALTH

UBC study tested reactions to anaphylactic shock

Thandi Fletcher
Metro | Vancouver

An alarming number of parents aren't able to recognize the signs of a severe allergic reaction or properly use an EpiPen — a device used to treat the condition — when it comes to their children, a University of British Columbia study has found.

Dr. Edmond Chan, head of allergy and immunology in pediatrics, said the findings are concerning.

Called anaphylaxis, the condition can be life-threatening, causing blood pressure to drop and airways to narrow within seconds or minutes of being exposed to an allergen, unless it is treated with an autoinjector like an EpiPen, which injects a dose of epinephrine.

"Even when parents are taught, they still sometimes are not confident with the knowledge that has been given to them," Chan, director of the Allergy Clinic at B.C. Children's Hospital, told Metro. "There's a difference when they have their own child experiencing anaphylaxis compared to in an artificial scenario."

Chan and his colleagues designed an experiment to see if parents realized if their child went into anaphylactic shock and how they handled it. Following 163 patients between the ages of two and 17, the researchers tested the parents' reactions when their children were put through a "food challenge"— deliberately exposing them, under close physician supervision, to something they're allergic to when they believe a child might have outgrown the allergy.

Chan said the parents didn't perform as well as he had hoped. Of the 18 cases that required the use of an autoinjector, many parents weren't able to recognize the signs of anaphylaxis and many also weren't using the device properly.

EMERGENCY IN ALBERTA | Wildfire forces evacuation of camps north of Fort Mac | metroNEWS

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metro NEWS

Your essential daily news

UN creates humanitarian fund for the education of refugee children. **World**

Millennials cling to house dreams

VANCOUVER

Survey shows many young adults think about leaving

Matt Kieltyka
Metro | Vancouver

The going may be tough but millennials in Vancouver have no plans to get going, according to a new survey.

Credit union Vancity commissioned a poll of 500 Metro Vancouver residents aged 18 to 35 to paint a picture of the challenges young adults are facing during the region's housing affordability crunch.

While 68 per cent of respondents admit they've had thoughts of "giving up and leaving Metro Vancouver," those thoughts haven't turned to intent yet.

Sixty-one per cent see themselves living in the same municipality five years from now, while another 22 per cent think they'll be living in another municipality within the Metro Vancouver region.

"The majority of people still want to be living here and they're trying to make it work," said Vancity vice-president William Azaroff.

Azaroff said Vancity doesn't have data on when thinking about leaving Vancouver and actually doing it happens, but said there's plenty of proof that young people are getting creative in their search for housing solutions.

One person being profiled on Vancity's blog, for example, is currently renting a home with eight other people.

According to the survey, 36 per cent of millennials still live at home with their parents or family, 35 per cent rent and 30 per cent own a home.

Ninety-three per cent think buying property in the region is unaffordable.

Still, just 13 per cent of millennials said they never anticipate being able to own a home.

> **The majority ... still want to be living here and they're trying to make it work.**
> William Azaroff

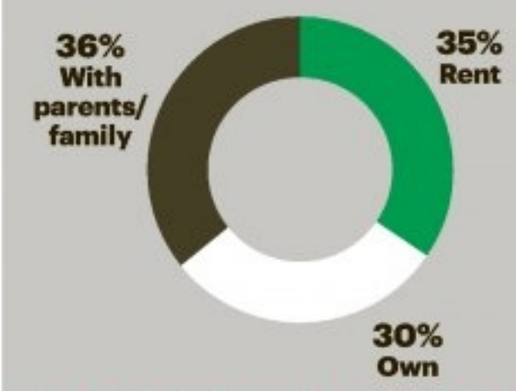
The cost of housing is cited as a "very significant" factor for 72 per cent of those who would consider moving elsewhere.

More than half of respondents cited jobs, lifestyle, family and friends as the most important reasons for staying in the region.

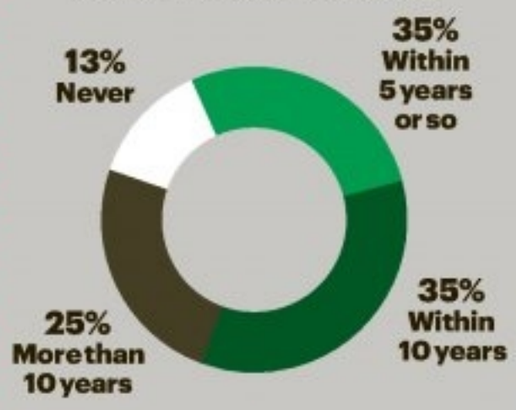
The survey was conducted April 8-13 by the Mustel Group, and has a margin of error of +/- 4.5 per cent at the 95 per cent level of confidence.

Millennials in Metro Vancouver Vancity's latest report on millennials provides a good snapshot into the affordability issues facing young adults in the region. Here are some of the highlights.

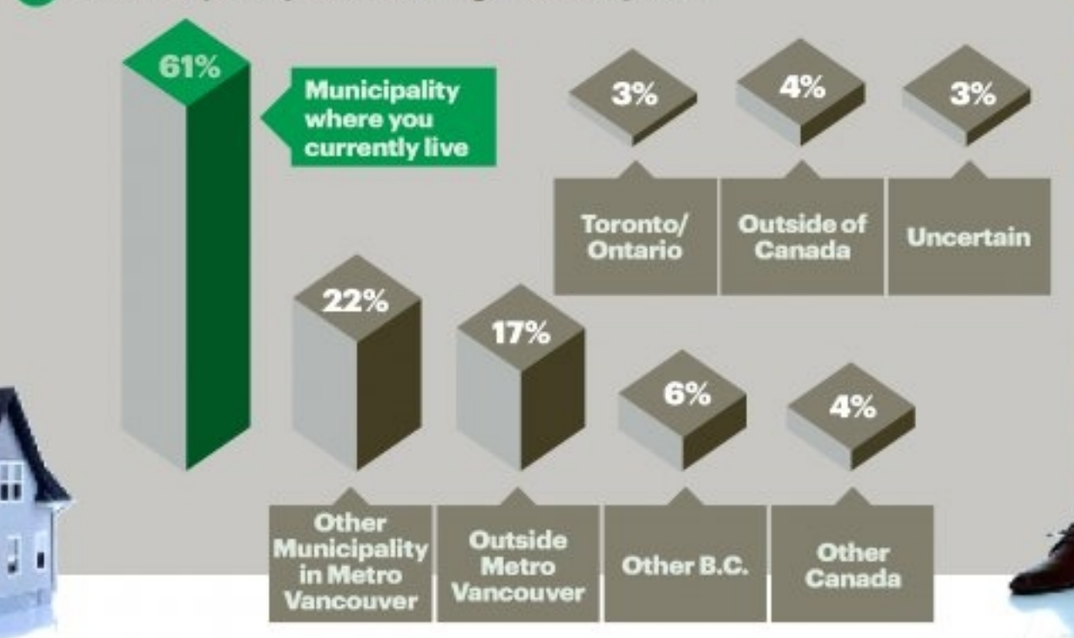
1 Do you rent your home, own your home, or are you living at home with parents or family?



2 Do you see yourself owning a home? (of respondents who didn't already own a property)



3 Where do you expect to be living in about 5 years?



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A 'never-ending battle': Councillor

REGULATIONS

Province past-due on promise to revisit noisy vehicles rules

David P. Ball
Metro | Vancouver

Efforts to crack down on loud cars and motorcycles haven't got anywhere, said Vancouver Coun. Tim Stevenson, who worked as an MLA to reduce noise pollution. JOE RAEDLE/GETTY IMAGES

The noisy racket that's got some residents fuming about pimped-out cars, roaring motorbikes and "boom car" subwoofers hasn't quieted since one Vancouver politician championed the issue 20 years ago.

"It's just an ongoing problem — a never-ending battle," Vancouver Coun. Tim Stevenson said. "The noise just reverberates across those high buildings and creates an echo chamber."

In the late 1990s, he campaigned to crack down on noise pollution when he was the West End's MLA.

"But it's very difficult to catch anyone," he lamented.

To silence louder-than-permitted mufflers, Vancouver police at one point set up a roadblock on the Burrard Bridge, he recalled, and ticketed or ordered inspections on violators.

"But that hasn't been done for a while," he said. "It's a new generation of younger guys roaring into town today."

Vancouver police spokesman Sgt. Randy Fincham said that traffic police have tools to measure noise and enforce the law.

"Certainly, (people) can phone the police non-emergency line if there's a noisy muffler," he said. "We'd have to be able to prove they're in violation."

> **It is a problem that we're aware of.**
> Transportation Minister Todd Stone, in April 2015

The West End's current MLA, Spencer Chandra Herbert, said it's time for the province to fulfil a longstanding vow to update its rules.

In April 2015, Transportation Minister Todd Stone told a legislature committee he was aware of the concerns and had "received a number of concerns from residents in my constituency in Kamloops relating to motorcycle noise, so it is a problem that we're aware of," adding his ministry has a working group exploring vehicle noise rules with police chiefs and the Commercial Vehicle Safety and Enforcement branch.

At the time, Stone said he expected a "set of recommendations" for "pragmatic but focused changes" by "early 2016."

A ministry spokesperson said Monday that B.C. laws already prohibit loud exhaust noise and modifying exhaust systems, and that municipalities can also pass bylaws lowering decibel requirements further.

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Groups trying to end wolf cull

WILDLIFE

Government says killings necessary to save caribou

Matt Kieltyka
Metro | Vancouver

Another season of sanctioned wolf kills may be over in British Columbia, but that doesn't mean the court battle is.

Ian McAllister, executive director of Pacific Wild, says it and Valhalla Wilderness Society continue to explore legal avenues to stop the annual cull, which is sanctioned by the B.C. government in an attempt to protect endangered Mountain Caribou in the South Selkirk and South Peace regions of the province.

The province announced earlier this month that 154 wolves were killed in the South Peace region and another nine were killed in the South Selkirk in the second year of a five-year wolf removal project.

Pacific Wild and Valhalla Wilderness Society filed a petition in B.C. Supreme Court in January seeking an injection again the cull in the South Selkirk region, arguing that caribou are under threat because of habitat loss and not predation.

"Without critical habitat protection, mountain caribou populations will not be saved whether wolves are culled or not," read the court petition.

The government, meanwhile says the cull is necessary to stave off the extinction of caribou in the region. Thirty-seven per cent of all adult caribou mortalities in the South Peace are caused by wolves, it said.

With the cull over for the season, the court action has ended along with it. But McAllister said discussions are already underway between the environmental groups to come up with a way to stop the cull next year.

"We'll continue to look at all legal means to shut down the cull next year."

Ian McAllister

"We'll continue to look at all legal means to shut down the cull next year," McAllister told Metro. "The amount of wolves that were killed is horrendous. They're being scapegoated. It's challenging because the government isn't willing to listen to independent science and learn from other jurisdictions where culls haven't achieved the desired results."

McAllister says an affidavit filed as part of the government's response to his court petition shows government is aware habitat loss is the overriding factor in the decline of caribou populations.

Christopher Addison, director of resource management at the Ministry of Forests Lands and Natural Resource Operations, said that while wolves and caribou have coexisted in the central mountain region for 1,000 of years, predation has become "unsustainable" "largely as a result of extensive habitat alterations arising from cumulative industrial and natural disturbances."

In a statement earlier this year, the ministry said it has protected 2.2 million hectares of mountain caribou habitat.

IN BRIEF

Man in hospital with serious injuries after stabbing

A Surrey man was fighting for his life Monday after he was stabbed, allegedly by a house guest, inside his own home late Sunday.

Shortly before midnight, RCMP responded to a 911 call reporting that a man had been stabbed inside a home in the 13,400-block of 112th Avenue. Officers arrived at the home to find a man who lives there with multiple stab wounds.

The man, in his late 20s, was rushed to hospital with life-threatening injuries but was in stable condition Monday, according to police. THANDI FLETCHER/METRO

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Fire threatens work camps

ALBERTA

Evacuation described as a 'precautionary' measure

A harsh reminder of the perils still at play in the Alberta wildfires emerged Monday afternoon as employees at work camps north of Fort McMurray were moved out as part of a precautionary evacuation.

High winds spurred the quickly spreading wildfire as tinder-dry conditions persist in the region.

"Heavy smoke … does make it unsafe to fly in some spots, but we are able to still work the flanks and hope to pinch it off," said Alberta wildfire manager Chad Morrison.

"When you have this kind of extreme fire behaviour it doesn't matter what tankers you put in front of it, it doesn't matter how many helicopters, Mother Nature is going to want to continue to move that fire forward."

A fireball is seen as a wildfire rips through the forest by Highway 63, south of Fort McMurray, Alta., on May 7. THE CANADIAN PRESS

The fire itself was about 20 kilometres away from the work camps as of Monday evening, but non-essential personnel left while others stayed to conduct work on the plant and engage in firefighting.

There are about 4,000 workers at 12 camps in the area, including many at Suncor and Syncrude.

Officials said another 500 to 600 people in four small camps along Aostra Road were under a mandatory evacuation.

THE CANADIAN PRESS

IN BRIEF

Feds set to table rights bill

Legislation to extend human-rights protections to transgender Canadians will be tabled in the Commons on Tuesday, says Prime Minister Justin Trudeau.

Trudeau confirmed the news in Montreal on Monday as he received an award named after Laurent McCutcheon, a longtime gay-rights activist.

Tuesday happens to be International Day Against Homophobia, Transphobia and Biphobia.

THE CANADIAN PRESS

SPACE

Another Canadian getting sent into orbit

Quebec engineer and doctor David Saint-Jacques says he's not entirely sure why he was chosen to become the next Canadian to work aboard the International Space Station — but he'll gladly accept the mission.

"They had to pick one of us," Saint-Jacques said when asked why he believed he was chosen over his co-astronaut-in-training Jeremy Hansen.

"I guess the important (thing) is that there are two space flights coming up for Canada. This is the first one and I'm looking forward for (Hansen) getting the next shot."

Saint-Jacques, 46, is scheduled to travel to space aboard the Russian Soyuz rocket for a six-month mission in November 2018.

"I promise to live up to your expectations," Saint-Jacques told a group of schoolchildren gathered Monday at an Ottawa museum, where Minister of Science and Innovation Navdeep Bains announced the assignment. THE CANADIAN PRESS

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HEALTH

Penis transplant is a first for U.S.

A cancer patient has received the first penis transplant in the United States, a Boston hospital said Monday.

Massachusetts General Hospital has confirmed that Thomas Manning received the transplanted penis in a 15-hour procedure last week.

The New York Times first reported the transplant Monday.

Dr. Curtis Cetrulo, who helped lead the surgical team, tells the newspaper that normal urination should be possible for the 64-year-old Manning in a few weeks, with sexual function possible in weeks to months.

The Times reports most of Manning's penis was removed during his battle with penile cancer.

The world's first penis transplant was performed at the University of Stellenbosch in South Africa in December 2014. THE ASSOCIATED PRESS

Thomas Manning, 64, is recovering well after undergoing the first penis transplant in the United States. GETTY IMAGES

Children hold placards as migrants and refugees take part in a peaceful protest at a refugee camp near the northern Greek border of Idomeni on Thursday. THE ASSOCIATED PRESS

UN to fund refugees' education

SCHOOL

New program aims to reach many of 20M displaced kids

Former British Prime Minster Gordon Brown on Monday announced the creation of the United Nations' first humanitarian fund for the education of refugee children.

Acting in his role as UN special envoy for global education, Brown said the fund hopes to reach many of the estimated 20 million school-age refugees and displaced persons around the globe who are being denied an education as part of "the largest population of displaced girls and boys since 1945."

Brown said the number of children who are missing out on schooling due to displacement is becoming a global crisis that will haunt the world for generations.

"When we ask ourselves what breaks the lives of once thriving young children, it's not just the Mediterranean wave that submerges the life vest and it's not just the food convoy that does not arrive in Syria, it's also the absence of hope — the soul-crushing certainty that there is nothing to plan or prepare for, not even a place in school," Brown said, speaking by telephone to reporters at the UN.

The initiative, entitled "Education Cannot Wait," will be formally launched at next week's World Humanitarian Summit in Istanbul and seeks to raise $3.85 billion from some 100 donors in the public and private sectors over the next five years. THE ASSOCIATED PRESS

IN BRIEF

Missouri doctors deliver baby after mother dies

Missouri doctors managed to deliver a baby whose mother was killed in a crash on her way to give birth.

Sarah Iler and the baby's father, Matt Rider, were headed to a hospital in Poplar Bluff when his SUV was struck by a tractor trailer. The collision pushed the SUV into the median, and Iler and Rider were ejected. THE ASSOCIATED PRESS

ISS makes 100,000th orbit

It's 100,000 laps around Earth and counting for the International Space Station.

The space station reached the milestone — 17-1/2 years in the making — Monday morning. NASA said these 100,000 orbits are akin to travelling more than 2.6 billion miles. That's equivalent to 10 round trips to Mars, or almost one way to Neptune. THE ASSOCIATED PRESS

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Trucking industry needs new blood

EMPLOYMENT

Companies struggling to attract young workforce

After 40 years as a truck driver, Jack Fielding says it's easier to name the places in North America where he hasn't been than the ones he has.

And after driving five million kilometres, the 57-year-old still enjoys the freedom of the road.

But as Fielding and thousands like him near retirement age, the industry is struggling to recruit young people who share his enthusiasm for the job.

This means the industry is facing a looming labour shortage that could reach 48,000 drivers by 2024, according to the Canadian Trucking Alliance.

The average age of a truck driver is over 47 and almost 30 per cent of the driving force is 55 or over, which makes it one of the oldest workforces in Canada,

Nadine Gauthier is working to encourage more women to consider careers as truckers. PAUL CHIASSON/THE CANADIAN PRESS

according to the organization's president.

"Tens of thousands of them are nearing retirement and we're not getting anywhere near our commensurate share of new drivers into the business," says David Bradley.

There are multiple reasons for the looming shortage, but many believe the lifestyle simply isn't attractive to a younger generation.

Fielding, for example, usually works 10-14 days straight, with three days off between trips. Schedules are not set in advance, and drivers often work 12 hours or more a day.

"You're not home with your friends on Friday nights having parties," he says. "If you have a family you might miss out on birthdays and things like that."

Nadine Gauthier, who spent six years driving shipping containers around the Montreal area, is trying to change that.

The 43-year old, now a supervisor for Simard Transport, also works on behalf of Quebec's trucking association to convince girls and women that trucking isn't just a "man's world."

She says that while the first women "pioneers" may have been given a hard time, the industry has become very welcoming to women.

The average salary for a truck driver was listed as $40,728 in 2011, although Bradley says long-haul drivers can make up to $80,000 a year. THE CANADIAN PRESS

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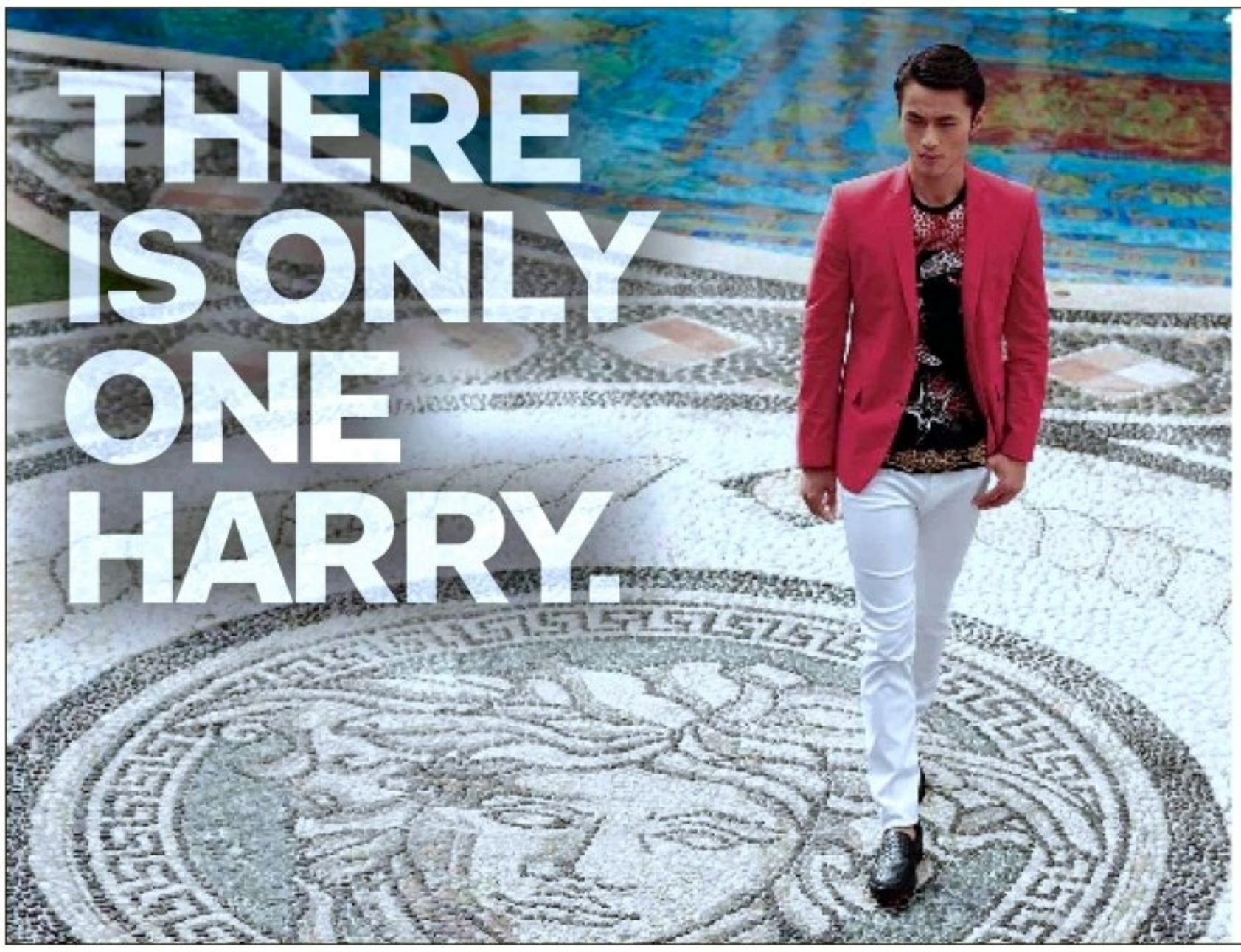

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metro VIEWS
Your essential daily news
Tuesday, May 17, 2016

ROSEMARY WESTWOOD
ON THE BATHROOM-LAW CONTROVERSY

The "protect our little girls" argument allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that trans people are to be feared.

Pity all the little boys in America.

Nobody, it seems, cares for them.

The raging debate over where transgender people get to go to the bathroom has made that fact, among others, abundantly clear.

Judging by the U.S. media fervour, it seems every reporter has been tasked with one goal: getting comment on the Obama administration's directive last week that all schools accommodate transgender students, including letting them use the bathrooms where they feel comfortable.

And for every microphone, there's been a call to save all the helpless girls of America. Take Ted Cruz's comments last month: "Have we gone stark raving nuts? Strangers shouldn't be alone in bathrooms with little girls."

Or this, from pastor Ron Baity in North Carolina, the state being sued by the federal government for a law that forces trans people to use the loo that coincides with the sex on their birth certificate: "He could be there to look at the anatomy of the opposite sex," Baity said, imagining a predator masquerading as transgender. "He could be there to bring damage to a young girl."

Like everyone else fuelling the uproar, he didn't bother to fear for the sexual safety of little boys. There are two reasons for this. The first is the sexist, and still widespread, idea that females are weaker and in need of more protection. The second is that people like Baity are simply anti-trans and are using their condescending concern for girls' welfare as cover.

Treating people with respect and dignity shouldn't have to be legislated.

THE CANADIAN APPROACH Prime Minister Justin Trudeau listens as he is presented with the 2016 Laurent McCutcheon Award for his commitment to fighting homophobia and transphobia, in Montreal on Monday. Trudeau later announced he would table legislation today aimed at protecting transgender rights. PAUL CHIASSON/THE CANADIAN PRESS

"What gets socially coded as fear is often just masked transphobia," Sheila Cavanagh, professor of gender and sexuality studies at York University, told the New Yorker this week. "People know that it's less acceptable to be transphobic than it is to say, 'I worry about the safety of my daughter.'" She also called the fear of fake transgender predators "far-fetched" and without evidence. Far better documented, she added, is discrimination against transgender people trying to use a restroom.

The "protect our little girls" argument also allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that transgender people are to be feared. During On Point, a national radio call-in show last week, one man told the story of a transgender woman using a woman's changeroom this way: "They were just petrified, all ages, this big hairy guy walking around as if he had every right to do so."

We shouldn't be surprised that bathrooms are causing all this stir. They are a single point of public nudity in a culture that is terrified of its own genitalia and sexuality. And they have a history of being used for sexual fear-mongering, including in the racially segregated U.S. South, as Diane Ravitch noted in the Huffington Post.

Then, women's sexual vulnerability was invoked as cover for race-baiting. Now, for gender-baiting.

In keeping with the cliché, the deregulation of bathroom spaces in Canada has been quieter. The Vancouver School Board, the Toronto School Board, and the entire province of Alberta have all moved to allow transgender students to exercise their washroom choice, and some are adding more gender-neutral bathrooms. Many universities have similar policies. And while there has been some backlash (two Vancouver school trustees worried about scaring off international students), there's been little American-style drama.

At the heart of these changes is a recognition of the unique prejudices and discrimination faced by the transgender community. The Obama administration is trying to tackle that by reinterpreting the U.S.'s existing sex-discrimination laws in a way that addresses gender-identity issues.

In Canada, Prime Minister Justin Trudeau has decided a whole new bill is in order. Yesterday, he announced legislation to protect transgender Canadians from violence, hate speech and discrimination by adding "gender identity" as a protected category under the Canadian Human Rights Act. The legislations is expected to be tabled today to mark the International Day Against Homophobia, Transphobia and Biphobia.

It is a move whose importance cannot be overstated.

But treating people with respect and dignity shouldn't have to be legislated. It's common sense. So, too, are toilets everyone can use. It's not even a new idea. I had gender-neutral bathrooms in my elementary school classroom in the 1990s. I was a little girl.

And guess what, Ted Cruz? I was just fine.

Expo '86 made Vancouver matter to the rest of the world

URBAN COMPASS
Petti Fong

Let's start with the assumption that 30 years ago the world was a more daunting place.

International air travel was more expensive. Communication across borders was unreliable and difficult. Political divides back then seemed too entrenched.

Safe to say it's easier, faster and cheaper to travel to more places now than it was back in 1986, and communication is mostly effortless.

That's perhaps why there was such nostalgia around the recent 30th anniversary of the opening of Vancouver Expo '86.

Over the last couple of weeks, local Facebook feeds have been flooded with photos of friends, family members and acquaintances looking much younger and grainier. Those who worked, visited and volunteered at Expo shared their memories and there was a collective feeling of "Look how far we've come."

Yet with all the reminiscing there wasn't much chatter about whether Vancouver should ever host another world exposition.

In this way, the world may have shrunk away from North America and expanded elsewhere.

Have North Americans outgrown their appetite for world expos, and, if so, does that mean the world is smaller or bigger?

Expo '86 was the last time a city in North America hosted the event. Urso Chappell, a world-exposition consultant based in the Bay Area who has been hired by various countries to help with their bids, thinks it's a sign that the world is getting more expansive.

"Thirty years ago, it never would be considered that Astana, Kazakhstan or the United Arab Emirates would host an expo," he says. "And the number of countries who were in position to do so were far fewer."

Chappell attended his first world fair in 1982, solidified his love for them in Vancouver in 1986 when he was 19 years old, and has been to 10 of them to date.

Edmonton and Toronto have both considered hosting world expos and Minneapolis wants one for 2023. But the appetite for another one in the U.S. or Canada is questionable.

Chappell believes fear of government cost overruns have made too many North American metropolitans wary of hosting global events that require mega-spending.

"What is hopeful is the fact that people still clamour to see things in person and want to share that experience with other people. It starts to create its own ecosystem. Look at Vancouver. Expo 86 allowed it to connect up with the rest of the world, and it wasn't just a Canadian city any more but an international city."

Some may grumpily wish that Vancouver was still a backwater, but Chappell says many other places are willing to pay to get the spotlight shined on them. It's just not the kind of exposure that most cities want any more in North America.

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Jolie 'disheartened' by U.S. response to migrant crisis, criticizes Donald Trump

Codependency is not kindness

RELATIONSHIPS

Beware when selflessness becomes selfish and irritating

Katrina Clarke
Torstar News Service

One of the defining moments in Michael DeCorte's life came in 2003 after visiting a sick friend in the hospital.

"When I was at her bedside, I thought to myself, 'It's a good thing I'm here right now because I look like a good friend,'" he said, noting he valued this woman because she was cool and beautiful. "(Being there) secured the friendship."

The friend called bulls—t. He was there to make himself feel better, not her, she said.

DeCorte identifies as a recovering addict of "codependent friendships," a term describing relationships in which one person regularly performs acts intended to earn approval from others, validating their own self-worth and avoiding conflict. Experts say it's a learned emotional and behavioural condition, more common among women, that can impede people from forming balanced relationships, but is not necessarily unhealthy.

Comedian and actress Whitney Cummings put a spotlight on the issue in a December article for Elle magazine and newsletter-slash-website Lenny Letter, in which she self-identified as co-dependent.

SIGNS YOU MAY BE CODEPENDENT

Think you might be too reliant on your friends? Here are some red flags from Candace Plattor, an addiction therapist and author of Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction.

You're constantly giving in your friendships without getting much in return.

You often feel you're not as good as other people so you "play small" and make others' needs more important than your own.

You are extremely uncomfortable with confrontation; even when you feel disappointed, angry or resentful, you don't admit this to your friends because they might become upset or angry with you.

You attempt to convince yourself your problems are not that bad, rather than trying to change the dysfunctional dynamics in your friendships.

TORSTAR NEWS SERVICE

Michael DeCorte, left, identifies as a recovering addict of codependent friendships. He meets his friend Liam McElheron for yoga in Toronto. J.P. MOCZULSKI/ FOR TORSTAR NEWS SERVICE

"Essentially, if I drive you to the airport because you can't afford a taxi and I expect nothing in return, that's benevolent," she writes. "But if I drive you to the airport secretly hoping you'll like me, owe me, won't abandon me down the line, or to control your perception of me (i.e., I want you to think I'm nice), that's codependent."

In the article, Cummings details prioritizing buying expensive candles for friends over paying rent, helping mend friends' broken hearts when she didn't have time to floss, and focusing so intently on helping sick family members, she once contracted pneumonia without noticing.

"There's nothing wrong with being kind," said Darlene Lancer, a California-based marriage and family therapist and author of Co-dependency for Dummies. "But if you feel like you'd rather not but you don't feel like you can say no … then maybe it's a behaviour pattern, it's not coming from a place of conscious choice."

Lancer said examples of co-dependent friendships might include one friend often buying the other gifts without the gift-giving being reciprocated, regularly giving advice and feeling angry when the advice isn't followed, or feeling too guilty to say no to requests. But it's not necessarily harmful.

"It doesn't always create unhappiness," said Lancer. "In some older generation (couples) … the wife always does what her husband wants. She doesn't have much of a separate personality but it doesn't bother her because this is all she's known, or it's part of their religious or cultural ethos."

In fact, Lancer calls codependency "rampant" in modern society, but says codependent relationships have long been around. As women became more independent and society shirks patriarchal norms, codependent relationships were deemed problematic, she said.

Lancer points to childhood incidents or trauma to explain how the behaviour is learned; bullying at school, parental discord — especially if one parent starts relying on the child for support — or sibling abuse can all contribute, she said.

So how do experts say one can unlearn codependency in friendships?

"Counselling," said Candace Plattor, an addiction therapist based in Vancouver, who considers codependency an addiction. People who suspect they have codependent tendencies need to reflect on what is causing their behaviour, she said.

As for Michael DeCorte, a recovering addict, he suspects when his addictions were rooted in insecurity and self-centeredness. Once he gave up drugs and alcohol 15 years ago, he latched on to the next best thing to feed his needs — friendships.

And that sick friend who called him out? She dumped him as a friend, disinvited him from her wedding and left him in shambles.

But once the dust settled, he regrouped. Through work with psychotherapists and mentors, he now realizes popular friends won't give him the self-confidence or validation he craved.

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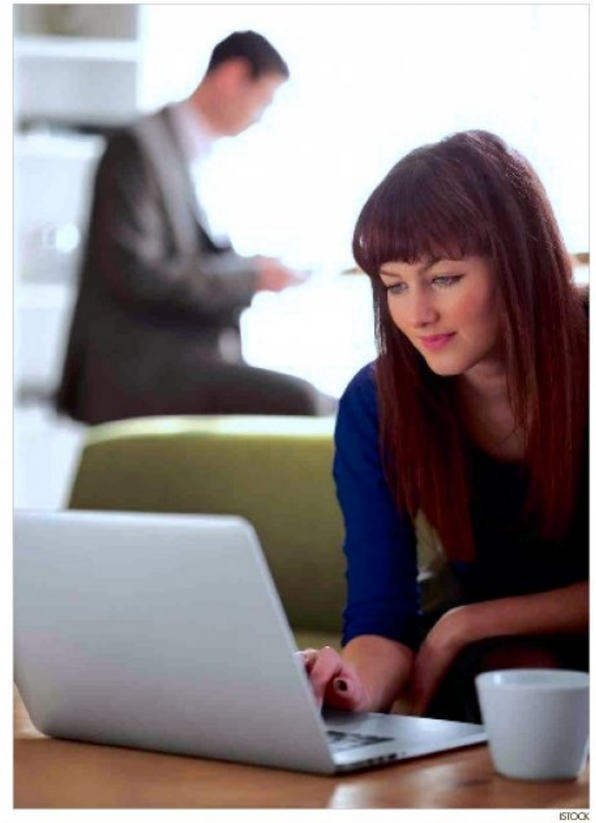

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For anyone who thinks they don't know enough about investing or don't think they have enough money to invest, the latest online investing services make managing your investment portfolio easier than ever. In fact, there's a growing global trend toward online investing services that provide continuous oversight of portfolios by expert portfolio managers.

Such services are gaining in popularity — particularly among millennials and first-time investors — because of their lower cost, digital access and ease of use. Whatever your assets or investment experience, they're a great way to start investing without spending tons of time researching and managing a complex portfolio.

In Canada, investing services such as BMO SmartFolio are leading the way. It caters to people who are looking for an easy way to invest or are new to investing. Many Canadians either don't have the time or knowledge to jump into money management. As well, the cost for a professionally managed portfolio has historically been prohibitive.

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Confronting the idiot inside us all

COGNITION

Neuroscientist comedian's book peers into our heads

Dean Burnett thinks you're an idiot. Well, at least, he thinks your brain is.

That's what the neuroscientist-comedian-turned-author reveals in his new book, The Idiot Brain: A Neuroscientist Explains What Your Head is Really Up To (Harper Collins: $32.99).

All our brains tend to behave in bizarre ways. They have an ego. Time does really fly when the brain is having fun. And alcohol can sometimes improve memory.

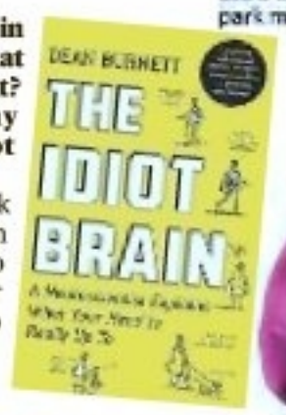
You say you were kind of an odd-man-out in your family, the first to go to university. How did that shape your career?
That's what got me into the brain in the first place. I was thinking, "Why am I different than my nearest and dearest?" I haven't really found a good answer, but I did pick up a lot of brain books along the way. It's worth asking questions about yourself, I suppose.

So you think the brain is not so complicated after all?
It's this reverence that people treat it with that is sort of unhelpful because it discourages people from trying to learn about it or think about it because it's sort of daunting.

We all have these idiot brains, as you're calling them, right?
The brain in general, yes, not specific people.

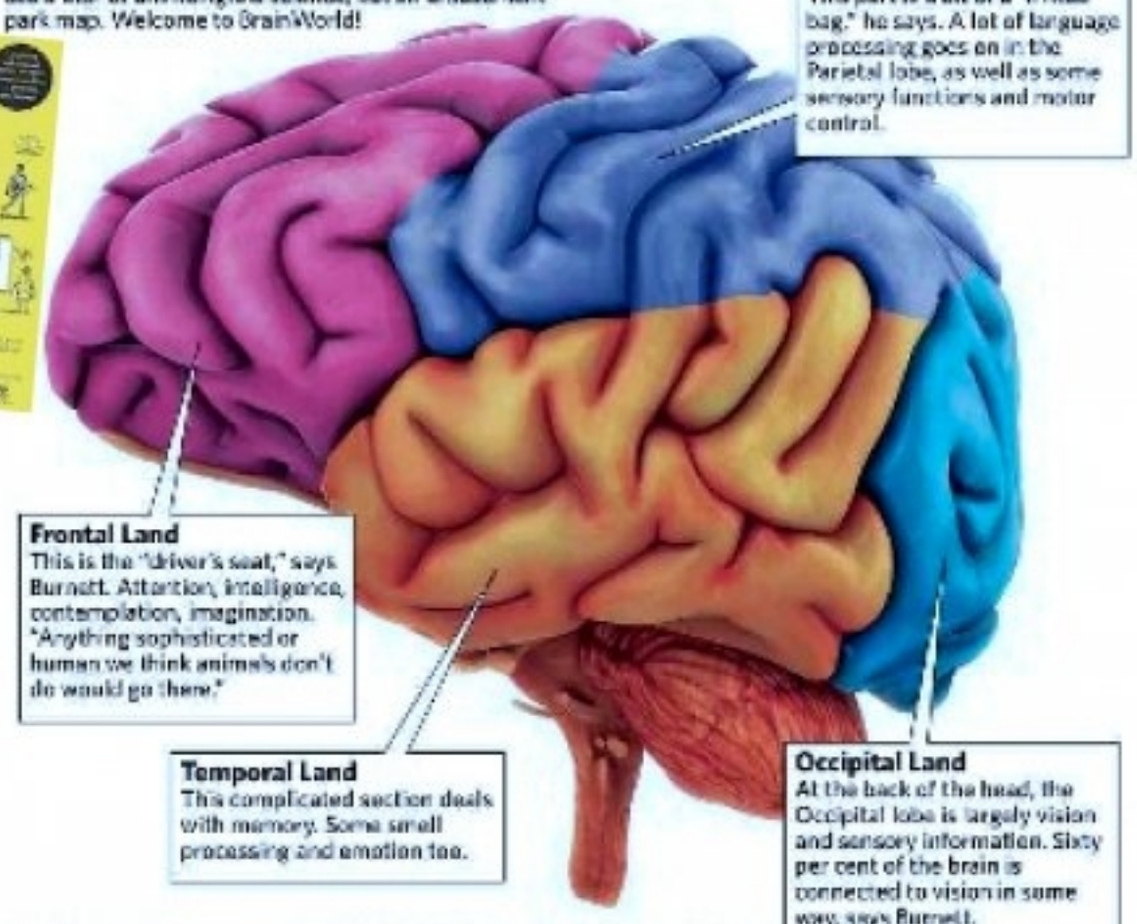
You tackle a lot in this book. What is possibly next? Will you stay with the "idiot brain?"
I'm sort of stuck with my own (laughs). No real plans or possibilities to change it. I'm looking into a second (book) with the publishers; lots of ideas being thrown around. Hopefully the next one I'll expand a certain area a bit more rather than just try to cover everything.

TORSTAR NEWS SERVICE



Welcome to BrainWorld

When Burnett looks at an image of the brain, he doesn't see a blur of unintelligible science, but an amusement park map. Welcome to BrainWorld!



Parietal Land
This part is a bit of a "mixed bag," he says. A lot of language processing goes on in the Parietal lobe, as well as some sensory functions and motor control.

Frontal Land
This is the "driver's seat," says Burnett. Attention, intelligence, contemplation, imagination. "Anything sophisticated or human we think animals don't do would go there."

Temporal Land
This complicated section deals with memory. Some smell processing and emotion too.

Occipital Land
At the back of the head, the Occipital lobe is largely vision and sensory information. Sixty per cent of the brain is connected to vision in some way, says Burnett.

SOURCE Dean Burnett DESIGN/STACEY BYE/ILLUSTRATION TORONTO STAR GRAPHIC

BRAIN GAME

Our brains are alcohol-dependent, narcissistic and adrenalin-addicted smart alecks that like to play games on us. These are just a few of the idiotic traits Burnett lays out in The Idiot Brain.

Egotistical
Do you remember doing better in that foot race or job interview than you actually did in reality? It might by your brain trying to motivate you.

Drinkers
You might remember something more easily when "you are as drunk as you were when you first made that memory." Drink responsibly.

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LEARNING CURVE

You just graduated. Now what?

ISTOCK

So you've just officially become part of your college or university's alumni and are rightfully feeling proud of your accomplishments. The appropriate thing to do is celebrate and hang out with friends new and old as a reward for your achievement. After this you can address in the nagging feeling of doubt in the back of your mind.

You are unsure exactly what the correct path is to take following your graduation. Since the recession took hold young Canadians have battled to find suitable jobs matching their credentials so it's quite normal that many graduates leave campus scratching their heads. Depending on the qualification you acquired you may be considering gaining practical experience in college. Or maybe there are a number of posts you could fill in a certain industry and the option of trying on a few temporary hats appeals to you.

"Engage in self reflection and try out a lot of new things," says Shane LeBlanc, career programming co-ordinator at Dalhousie University in Halifax. "Maybe that's volunteering or trying out different jobs so you can better understand what you are looking for. Discover what you like, what you don't like and what you are good at. The information garnered from these experiences will help guide you in your career direction," added LeBlanc.

Updating and circulating your resume is another important post-graduation move. Most people have some debt to pay off after years of studying so getting a job or as least applying for one is also advisable.

"Get your resume out there for sure," says Renae Lafi, advising and recruitment associate at Red Deer College in Alberta. "You're fresh, excited and you're still on the high most new graduates experience so employers will respond well to that. Getting your feet wet in that realm is a good idea because people are usually hungry to succeed."

If you are in the enviable position of having no debt with some disposable income at hand, taking a trip abroad could help. Unwind, enjoy yourself, clear your head and think hard on your future. Ask yourself questions like: Does money or job satisfaction make me happy? Or do I strive for both?

The truth is that on leaving post-secondary education most people have a host of questions swirling around in their mind. Try to slow down and answer them one by one. A few bouts of trial and error in the job market and your own self discoveries should help your see where your future lies.

Summer sports camps keep kids healthy while they have fun

CONTRIBUTED

If Vancouver School Board's (VSB) summer camps are any indication, learning doesn't always involve classrooms and tests. The sports-based camps, says Rob Schindel, director of instruction in the office of the superintendent of the VSB, offer kids an opportunity to learn athletic skills that can be taken off the court.

"Firstly, we hope the skills they learn can be carried forward into developing and living healthy lifestyles," he says. "But I think it's also an opportunity for not only skill-building with a particular sport but also engaging with their peers, which results in social and emotional learning."

VSB offers four different two-week sports camps, which last for two hours a day. Badminton Skills Camp is offered to Grade 6 to 9 students while tennis, volleyball and basketball skill camps are offered to Grade 4 to 7 students. No matter what camp a child attends, Schindel says experience in the sport is not required.

"These are entry-level camps for getting a fun experience with a particular sport area," he says. "It's not competitive at all and is designed as an experiential opportunity to have kids be physically active."

With VSB teachers, who teach throughout the year or are teachers on call within the district, leading all of VSB's camps, Schindel says kids are sure to have an enriching experience.

Limited space is still available in the VSB sports camps, says Schindel.

Ride the grey wave to career success with health care training

Due to Canada's rapidly aging population, WorkBC, which collects employment statistics, is predicting 16,620 job openings for health support workers over the next 10 years. With these jobs yielding a median salary of $45,589 and serving an important purpose, Pacific Coast Community College (PCCC) is responding by making its health care assistant (HCA) program more accessible than ever.

"The silver tsunami or grey wave, as it's being called, means that there will be long-term, stable jobs available to anyone with provincially accredited training," says PCCC president, Scott Jeary. "To ensure we are doing what we can to meet the demand, we are offering a $4,000 bursary towards the HCA program fees to anyone who is interested."

With a particular focus on health care support training, PCCC offers six yearly intakes of its HCA program, ensures class sizes of 12 to 15 people and employs nurse instructors who hold master degrees. Jeary says all of these elements speak to the quality of graduates.

"Our students are learning theory that they are applying right away in the classroom and then to three sites experiences in hospitals

CONTRIBUTED

or long-term care facilities, group homes and childcare," he says. "Many students are offered jobs before they even graduate."

In addition to credential students receive when they complete the HCA program, also included are certificates such as CPR Level C and First Aid, WHMIS, FoodSafe and non-violent crisis intervention.

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Turn technology into a professional advantage

Technology is not only used across all industries, it is changing at a rapid pace. To ensure teachers and professional trainers understand how to use technology and apply it in a learning environment, this September New York Institute of Technology's (NYIT) Vancouver campus is launching a master of science in instructional technology program with two streams.

"Instructional technology is a systematic way of evaluating, developing, carrying out and teaching specific objectives and employing human and non-human resources to bring about instruction," says Mojgan Afshari, who helped to develop the program and is an adjunct faculty at NYIT, of the trainers (kindergarten to Grade 12) and educators streams. "For educators, we emphasize designing and developing the curriculum and for professional trainers we emphasize adult learning theories, instructional system design and more."

The streams, says Afshari, can be completed in two years or less and are delivered through a blended online and in-class model. And while connected to NYIT New York's program through instructors, projects and practicum opportunities, the offering was designed to be congruent with BC's policies and priorities, while recognizing that graduates need to be trained to be employable nationally and globally.

"Because our instructors emphasize technology training in authentic teaching situations, students are prepared for many areas of the job market," says Afshari.

For more about the master of science in instructional technology program, attend NYIT's information session on June 28 (4 to 6:30 p.m.).

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Accelerated gemmology Wednesday, May 18, 5:30 p.m. – room 164	Downtown
Auto collision repair and auto refinishing Wednesday, May 18, 5:30 p.m. – lobby of 4th floor, building A	Broadway
Digital graphic design Thursday, May 19, 5 p.m. – room 821	Downtown
Culinary arts Friday, May 20, 9:30 a.m. – room 112	Downtown
Culinary arts (professional cook 1 - ESL) Friday, May 20, 9:30 a.m. – room 112	Downtown

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Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

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604.871.7000

Elnaz Zomorodian. CONTRIBUTED

Make your passion for jewellery a creative career

Since 1988, through its unique jewellery and design art diploma program, Vancouver Community College (VCC) has been helping students to combine a passion for jewellery with a creative and practical career.

"There is a large range of possibilities for program graduates," says Karin Jones, the jewellery art and design department head. "Often people will start their own business making silver jewellery or enter the fine jewellery industry as goldsmiths. Other times they become diamond setters or go into creative areas, such as two recent grads who work for a custom eyewear company."

The two-year offering is project-based and includes a wide range traditional and innovative approaches to metal techniques as well as courses in design, drawing, art history, gemmology and business management.

"Our students appreciate that they're learning from instructors such as a Polish goldsmith who is a European master and has several degrees in fine arts and goldsmithing," Jones says. "I, meanwhile, graduated from this program and was trained in Germany under goldsmiths, and our last instructor is also a VCC grad and has had her own line of jewellery."

To ensure the offering continues to stay relevant, VCC recently started to update its technology and has introduced a 3D design component to the program. It was also gifted with a laser welder, on which students will be taught soon.

"Because of the way the jewellery market has evolved, we have found a balance between teaching traditional goldsmithing and teaching students how to stay competitive by increasing efficiency and creating a production line," Jones says.

Each year, both first and second year students get to show off what they have learned in the program through a capstone project that sees them create five to 10 pieces. These are celebrated during a gala and then put on display in the lobby of VCC's downtown campus.

This year, the exhibition is being launched with a May 19 gala event from 6 to 9 p.m. and student pieces will on display at the 250 W. Pender St. location until June 10.

To learn more about this and other VCC jewellery programs, visit vcc.ca/jewellery.

Become an electrician for an in-demand, flexible career

Being an electrician in B.C. has many benefits. Whether you enjoy hands-on or theoretical electrical work, the job has something for you.

The demand for this profession is growing in B.C. According to the provincial government's most recent BC Labour Market Outlook report, there will be a need for more than 5,000 additional electricians in the province by 2024.

By becoming an electrician, you're joining a time-honoured tradition in the province, providing the electrical infrastructure that has allowed homes and businesses throughout the Lower Mainland and beyond to function and operate smoothly.

Independence, flexibility and the opportunity to run your own business are just some of the benefits of this rewarding career. It's a great profession for those who are looking for a career where they can start as an apprentice, then grow to work on their own and manage their own business.

Electricians are well-paid too. As an electrician in B.C., you can earn a median wage of $27.90 per hour.

CONTRIBUTED

The Construction Electrician Foundation program at Vancouver Career College is a great place to start. In 2015, 8 out of 10 graduates from the college were hired after graduation — a testament to the demand for workers and the level of skills graduates leave the program with.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

CONTRIBUTED

Adults can opt for structured or self-directed learning

To accommodate the various needs of adult learners, the Vancouver School Board (VSB) not only offers a range of classes but also two distinct delivery methods, says one of its principals.

"Adult learners can complete courses in a structured classroom or self-paced format," says Chris Gilmour, principal at South Hill and Gathering Place education centres. "We have students meet with an academic advisor to discuss learning needs, how we can best accommodate them and what's realistic."

Structured courses require students to attend morning or evening classes for nine or 18-week periods. Self-paced courses, meanwhile, must be completed within 10 months but also allow students to finish quicker, depending on personal goals. Both formats come with lots of support, says Gilmour.

"Academic advisors, teachers, instructional assistants and an outreach worker are all available to students," she says. "Even self-paced courses are based on a blended model that includes that face-to-face time we feels is important for success. So, students schedule times to come into our centres to get help or complete tests."

The VSB adult education centres, which are rounded out by Main Street Education Centre at Gladstone Secondary, offer courses that allow adults to graduate from high school, upgrade marks or improve English skills if they are new to the language.

Registration for the summer term of structured courses beings May 24 with classes commencing July 4. Self-paced registration, meanwhile, begins again in September.

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Keeping your student mind sharp over the summer

Maintaining focus and concentration on a daily basis in university or college is a stiff test for the majority of students. Whether it's exam study sessions, making deadlines or managing personal matters outside the classroom, staying alert and sharp for the entirety of an academic year is tough.

So what happens when the days get sunnier and summer opens it's welcoming school-free doors?

Many students will be tempted to party, relax and completely forget about student life but it's probably wise not to cut oneself off completely from your studies. Keep your future in mind and find a way to integrate activities and experiences into your summer that will prove beneficial to your future career.

"Look at your overall, long-term career goals and see if you can do something in the summer that's going to help you build experience or gain qualifications in that area," says Patsy Valenzuela, supervisor for career, education and employment development at Calgary's Mount Royal University.

"It could be as simple as volunteering one day a week in an area that you are interested in. Or it could be taking a short course that moves you closer to your career goal."

ISTOCK

For some the summer will be about working and saving money for the upcoming college or university year. This is understandable but all students should remember that keeping your brain active is also vital for your transition into the next step of your post-secondary education. Give your mind a workout whenever you can this summer and resist the temptation to indulge in partying too much. Take brain training drills online or read a book that relates to your studies.

Ultimately, students should enjoy their time off. Recharging and rejuvenating oneself is paramount if you plan to keep your academic appetite healthy. Be careful not to put too much emphasis on course-related matters during your time off as you risk returning to university feeling frazzled and unsatisfied.

Danika McConnell, president of the student association at Edmonton's McEwan University, advises students to find the right mix of healthy habits and interaction with loved ones during the break.

"Entering into the summer months be mindful of your own health, your mental and physical wellness," says McConnell. "When you do come to the end of August you'll be energized and ready for your full semester. Catching up with family and old friends can also help as can engaging in old hobbies. All of this benefits you when it's time to put your nose to the ground and focus."

CONTRIBUTED

Enter the rewarding field of dental assisting

The dental industry in B.C. is a consistent and well-paying career to get into and is particularly appealing for those with an intuitive sense of people skills and a mind for detail.

Dental assisting is a job that provides a range of interesting challenges and opportunities to work with patients and dentists one-on-one.

A dental assistant works alongside a dentist to help prepare for and assist during treatment, process radiographs, and ensure patients are as safe as possible from infection.

Knowledge about science and medicine are crucial to providing informed support as a dental assistant. Fields of knowledge include pharmacology, oral pathology, dental radiography and oral facial science.

Administrative work is part of caring for your patients too. A great dental assistant will make accurate, up-to-date records a priority for their patients.

Dental assisting can take you to a variety of work environments, giving you the chance to work with health professionals including dentists, orthodontists, maxillofacial surgeons, pedodontists, endodontists, and medical professionals in other hospital and clinical settings.

In B.C., dental assistants can make a median wage of $23 per hour.

A great way to get into this career is to take the Dental Assisting program at CDI College, the only accredited private dental assisting program in B.C. Students graduate with the skills and knowledge they need to become a certified dental assistant.

For more information about the Dental Assisting program at CDI College, call 1-800-360-7186 or visit study.cdicollege.ca.

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T-Wolves centre Karl-Anthony Towns, who averaged 18.1 points, 10.7 rebounds and 1.7 blocks, is the unanimous choice for NBA Rookie of the Year

Thunder strike first

NBA PLAYOFFS

Westbrook leads rally with 24 points in the second half

Kevin Durant scored 26 points and made a key 17-foot jumper with 30.7 seconds left, and the Oklahoma City Thunder handed the Golden State Warriors their first home loss of the playoffs with a 108-102 victory in Game 1 of the Western Conference finals Monday night.

GAME 1 In Oakland

108	102
OKC	

Russell Westbrook scored 24 of his 27 points in the second half for Oklahoma City, which trailed 60-47 at halftime. Westbrook also had 12 assists and seven steals in the opener of the Thunder's fourth West finals in six years.

"We've just got to compete," Westbrook said. "It's going to be a tough game. It's a tough building. They have a lot of great players on their team, but I know we're a great team and when we put our minds to it, tonight we didn't play our best game and we came out with a win."

Game 2 is Wednesday night at Oracle Arena. If this one was any kind of preview of what is coming, this should be a dandy of a series between the NBA's highest-scoring teams from the regular season.

Steven Adams made a pair of free throws for Oklahoma City with 1:01 remaining, and Klay Thompson missed a reverse layup moments later on the other end.

MVP Stephen Curry had 26 points and a playoff career-high 10 rebounds, but the Warriors missed too many shots down the stretch.

With his team down 105-102, Steve Kerr begged for a travelling call on Westbrook at midcourt with 17.2 seconds left, with the NBA Coach of the Year signalling with his arms before going into a squat. Oklahoma City got a timeout instead. Westbrook made one free throw with 14.5 seconds to go. THE ASSOCIATED PRESS

Thunder point guard Russell Westbrook drives to the basket against Warriors Klay Thompson, left, and Stephen Curry on Monday night. ANDREW D. BERNSTEIN/NBAE VIA GETTY IMAGES

No rest for weary Raptors

It was a seven-game drag 'em out series that featured a slew of injuries and had coach Dwane Casey comparing it to a boxing match.

And now, just two days after finally knocking out the Miami Heat in a gruelling NBA Eastern Conference semifinal, the Toronto Raptors take the court against the well-rested Cavaliers.

The Raptors tip off their first-ever conference final on Tuesday in Cleveland, against a Cavs team that has enjoyed a nine-day break.

"You always take rest over rust in the playoffs," Casey said. "I've never been with a team that's had nine days off. Hopefully they're a little rusty and game-rusty. But sooner or later, that rest is going to kick in and be a plus for them.

"We have to go in with our guns a-blazing, playing hard and playing to our identity, and let the chips fall where they may."

The Raptors went the full seven games in each of the first two rounds of the playoffs, capped by their thrilling 116-89 victory over Miami on Sunday. Cleveland has yet to lose in the post-season, sweeping Detroit and then Atlanta. THE CANADIAN PRESS

J.R. Smith and the Cavs hit 77 threes in their four-game sweep of Atlanta. The Raptors, on the other hand, were second last in defending the three in the regular season. THE ASSOCIATED PRESS

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Pens not kidding around in overtime

NHL PLAYOFFS

Crosby scores 40 seconds into sudden death period

Sidney Crosby beat Andrei Vasilevskiy from the circle 40 seconds into overtime, and the Pittsburgh Penguins beat the Tampa Bay Lightning 3-2 on Monday night to leave the Eastern Conference final tied at a game apiece.

Crosby, who hadn't scored since the opening round against the New York Rangers, took a feed from Bryan Rust and buried it for his fourth goal of the post-season. Matt Cullen and Phil Kessel also scored for the Penguins.

Matt Murray overcame a shaky start to finish with 19 saves as Pittsburgh improved to 3-1 in overtime during the playoffs.

"They generated a lot and he still made some great saves, kept us in it," Crosby said.

Anton Stralman scored in his return to the lineup from a fractured left leg and Jonathan Drouin picked up his second goal in as many games, but the Lightning lost for just the third time in 12 post-season games when Vasilevskiy couldn't handle Crosby's wrist shot. Vasilevskiy played brilliantly at times while filling in for injured starter Ben Bishop, making 38 stops.

Game 3 is Wednesday night in Tampa.

The Penguins pointed to an inability to generate quality chances from in close as a major problem in Game 1. In danger of falling behind by two games for the first time in the post-season, Pittsburgh wasted little time trying to make Vasilevskiy uncomfortable, scoring a pair of early goals on scrambles from in front.

Cullen pounded home a rebound 4:32 in for the 39-year-old's fourth goal of the playoffs. Just over five minutes later Kessel darted in from the point and zipped one by Vasilevskiy to give the Penguins control before the first period was halfway complete.

THE ASSOCIATED PRESS

Sidney Crosby, right, celebrates with Penguins teammate Matt Cullen after scoring in overtime on Monday night. BRUCE BENNETT/GETTY IMAGES

GAME 2 In Pittsburgh

3	2

WORLD HOCKEY CHAMPIONSHIP

Canada flawless through six games

Canada downed France 4-0 Monday at the world hockey championship, setting up a winner-take-all matchup with Finland for first place in Group B.

Calvin Pickard made 13 saves to pick up a shutout as Canada improved its record to 6-0, tied for first place in the group with the Finns at 18 points.

Canada and Finland meet Tuesday in the final round-robin game for both teams. The winner will face the fourth-place team from Group A in the quarter-finals.

In Group A action, host Russia recorded its fifth straight victory with a 3-0 win over Norway to move into a tie with the Czech team for first place with 15 points. THE CANADIAN PRESS

Preliminary round

4	0
CANADA	FRANCE

MLB

Jays' skip upset with timing of plunking

It's not the retribution that bothers John Gibbons, it's the timing.

The Blue Jays manager addressed media on Monday afternoon, a day after Toronto all-star right-fielder Jose Bautista was hit in the ribs by a pitch from Texas reliever Matt Bush and then punched in the face by Rangers second baseman Rougned Odor after a hard slide on the basepaths.

Bush's throw was apparently in retribution for Bautista's dramatic bat flip after a home run in Game 5 of the American League Division Series last season. The two teams had played in two three-game series this season before Sunday's bench-clearing brawl.

"It didn't happen what, the first six games?" said Gibbons in his office ahead of Monday's 13-2 loss to the Tampa Bay Rays. "My only complaint was that if you've got an issue with someone, we get that, everyone views things differently, and if you're going to do something, hey, that's part of it, we get it.

"But I figured you might do it right away. Then you've got six more games for things to play out the way they're going to play out."

Instead, the Rangers and Blue Jays won't play again this year, unless they meet in the post-season.

THE CANADIAN PRESS

Adrian Beltre holds Jose Bautista back during Sunday's dustup. GETTY IMAGES

IN BRIEF

Woods 'progressing nicely'

Tiger Woods says he's "progressing nicely" in his return from two surgeries on his back but he's still not sure when he'll return to competitive golf.

"If I knew, I'd tell, you, because it'd be fun to know," said Woods, 40, who last played in August.

On Monday, Woods took on ceremonial duties for his upcoming Quicken Loans National and found the water on each of his three tee shots on the par-3 10th hole.

THE ASSOCIATED PRESS

Altidore to miss up to 2 months with hamstring

Toronto FC striker Jozy Altidore will be out six to eight weeks with a hamstring injury.

The U.S. international was hurt Saturday night taking a penalty in a 4-3 MLS loss to the Vancouver Whitecaps.

Altidore has a history of hamstring injuries and this one looks to keep him from competing at next month's Copa America with the U.S.

THE CANADIAN PRESS

Hudec dropped in snafu

Olympic bronze medallist Jan Hudec has been dropped from Canada's ski team because of a dispute with Alpine Canada.

The organization says Hudec has refused to show proof of progress on his return from a knee injury. Hudec disagrees, saying the impasse is about money and Alpine Canada's lack of faith in his ability to ski fast again.

THE CANADIAN PRESS

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RECIPE Turkey and Sweet Potato Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The marriage of savoury turkey and sweet potato is definitely charmed but it's the topping of gooey mozzarella that makes this easy dinner perfect.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsps chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- salt and pepper
- 1/2 cup mozzarella, grated

Directions

1. In a large, oven-safe skillet, brown your turkey over medium heat, breaking it up as you heat it. Cook for about 5 minutes. Add onions and garlic and cook for another 5 minutes. Sprinkle the chili powder over top and give it all a good stir.

2. Add the yellow pepper and allow to soften for another 3 minutes. Stir in sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.

3. Sprinkle the grated cheese over top. Turn broiler on. Place the skillet under the heat for a minute or two — watch it! — until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

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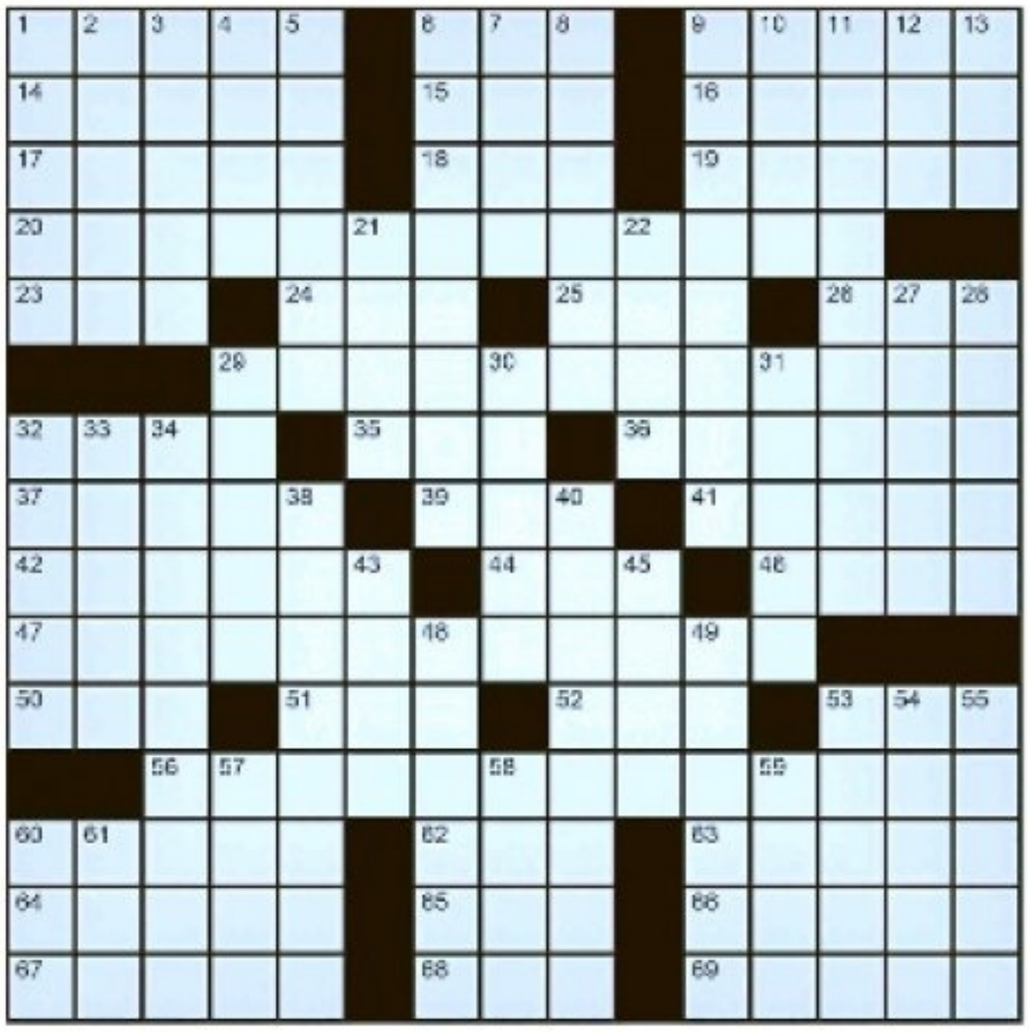
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mr. Chipmunk of novelty tunes
6. Towel holder
9. __ the toy, as a kitten
14. Songstress Ms. Lewis
15. Prefix with 'dermis'
16. Figure of speech
17. Cordiality
18. Blokes
19. Skincare brand
20. She stars as Jason Priestley's character's wife on new Family Channel comedy "Raising Expectations": 2 wds.
23. __ break
24. Latin: At the age of [abbr.]
25. Prince William's li'l brother
26. Tip to 'doo'
29. 1986 movie starring the actress at #20-Across: 3 wds.
32. Italian actress, Virna __
35. "Phooey!"
36. Gas tank filler
37. Music: Speed up gradually, briefly
39. "__. _ & the Women" (2000)
41. Mediterranean island
42. "Hero" singer Ms. Carey
44. Poet mr. cummings, et al.
46. Prezzes
47. "Beverly Hills, 90210" character played by the Vancouver-born star at #20-Across: 2 wds.
50. School yr. part
51. Caesar's 56
52. "Lady Marmalade" co-singer
53. French 'friend'
56. The actress at #20-Across served detention in this 1985 hit flick, with The: 2 wds.
60. Los Angeles, __.
62. Traditional tree
63. Presses
64. Guitarist, Lenny __ (b.1941 - d.1984)
65. Alkali
66. "Open __" (2003) directed by Kevin Costner
67. Certain carpeting
68. Ireland's __ Lingus
69. Prod: 2 wds.

DOWN
1. Western starring Canadian actor Glenn Ford, "The Man from the __" (1953)
2. Fruit wedge
3. "Presto!"
4. Airport designation, e.g.
5. "The Big Bang Theory" star Kunal
6. Paid
7. Receptive
8. Small inflatable boat
9. 19th-century circus legend: initials + surname
10. Botanical casing
11. Kawartha Lakes community in Ontario
12. Pre-May mo.
13. Jeans top
21. Coral formation
22. Oliver Twist, for one
27. Two down, __ go...
28. Gumbo ingredients
29. __ the face (Slapstick maneuver)
30. Flung
31. Fuzzy fruit
32. Clarice Starling's flock
33. "Why should __?"
34. Jumbles
38. Soup serving amount
40. Preparer of Orange Pekoe: 2 wds.
43. Jay Z's "Izzo (_-_-_)"
45. Mr. Stallone, et al.
48. Electrical pioneer Mr. Tesla
49. Form of comedy
53. Sing-__
54. "In the Summertime" by __ Jerry
55. A Doll's House dramatist
57. US music trade org.
58. Ms. Dunaway
59. Rugged cliff
60. "Survivor" station
61. Mr. Onassis, tiny-ly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a day for serious, practical discussions with partners, spouses and close friends. People want to strategize how things should be done in the future.

Taurus April 21 - May 21
You will accomplish a lot at work today because you're motivated. It's easy to put duty and obligations before play and fun.

Gemini May 22 - June 21
Romantic partners might discuss the division of labour or how to share expenses. This is because you are in a practical frame of mind and ready to address these issues.

Cancer June 22 - July 23
Someone older, perhaps a family member, might have practical advice for you today. Why not stand on the shoulders of those who have gone before you?

Leo July 24 - Aug. 23
Whatever work you do today, you will do carefully with attention to detail. This is because you want things to be more orderly in your life. Too much helter-skelter is draining!

Virgo Aug. 24 - Sept. 23
With cash flow, you will be practical today. You will not buy frivolous items. Whatever you buy will be long-lasting and useful — for sure.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, dancing with Saturn. This makes duty, orderliness and hard work a priority. (Work hard, party hard!)

Scorpio Oct. 24 - Nov. 22
Research of any kind will go well today because you have the motivation to go after what you're looking for. You will pay attention to detail and maintain a steady focus.

Sagittarius Nov. 23 - Dec. 21
Ask advice from someone older, perhaps a friend. Whatever this person says might affect your attitude toward your future goals.

Capricorn Dec. 22 - Jan. 20
A discussion with a boss, parent or someone in a position of authority will go well today because you will respect what he or she has to say.

Aquarius Jan. 21 - Feb. 19
This is a good day to make travel plans or plans for future education. Work related to publishing, the media, medicine and the law will be productive because you mean business.

Pisces Feb. 20 - March 20
Tie up loose ends about taxes, debt, insurance issues and inheritance today, because you have the frame of mind to do this. You won't overlook details.

CONCEPTIS SUDOKU by Dave Green

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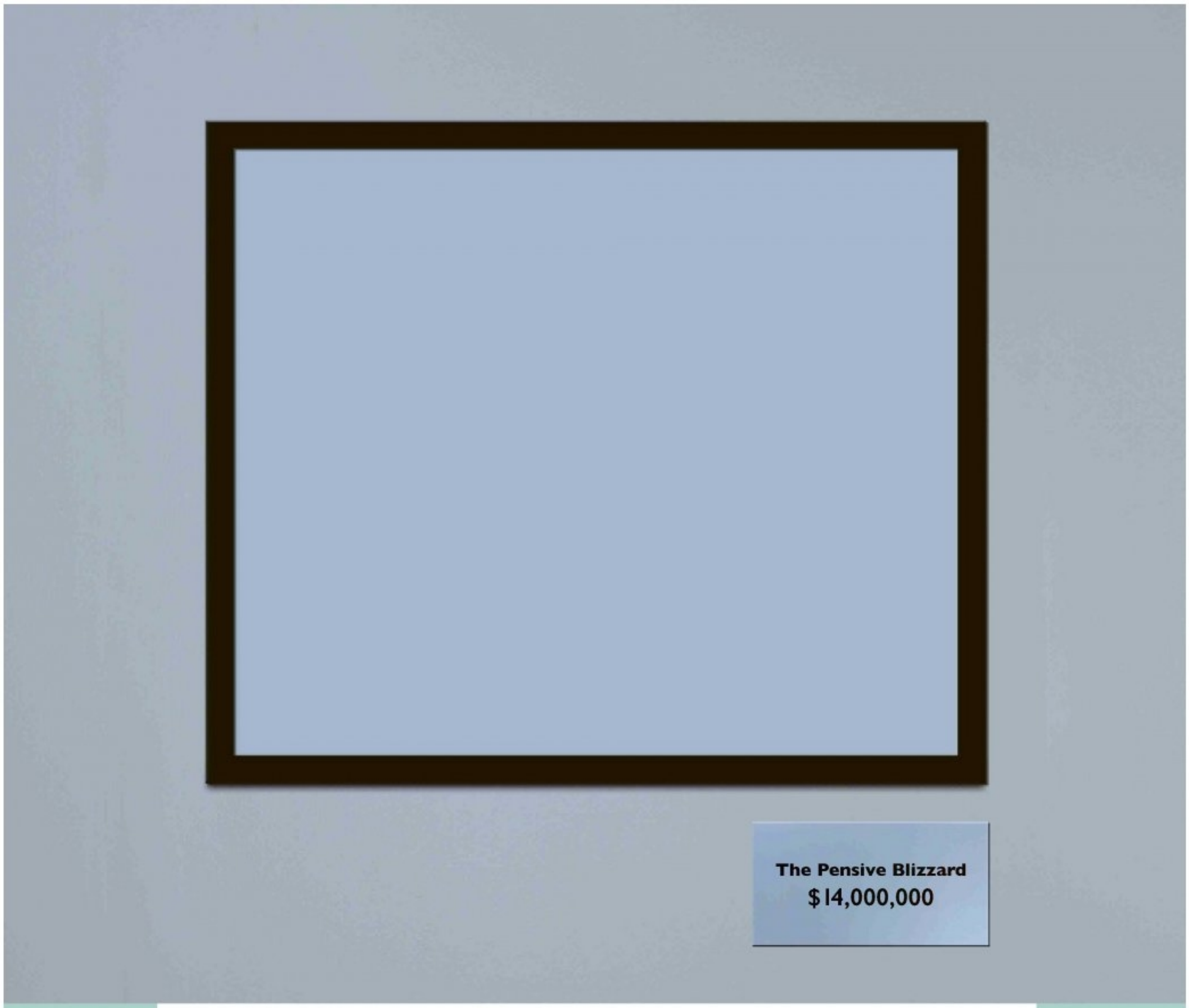

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